



For the Eyes of the Womenfolk

HERE ARE SEVERAL SPRING INNOVATIONS FOR WOMANKIND

A "Tea" Veil For the Convenience of Rosebud Lips—A Charming Spring Frock For Youth—A Hat of Latest Silhouette—Also a Simple Gown For the Lady Who Plays at Doing Her Own Housework



SAMPLE OF SPRING FROCKS

YOUTH, smiling, triumphant, has been the splendid inspiration of the fashion creators this season. Only the slim audacity of youth can successfully carry off the daring extremes of the Louis XV. and XVI. modes.

The silhouette of the fair and plump matron of forty, who, little recking of retribution to come, has been basking in the comfort of the wide waisted,

maturity of her figure and bring out the lovely supple curves of her waist line, a curve that of late years has been lost in the shapeless blouses and big, straight corsets.

When your growing girl goes to pick out her new frock she selects the one with the shortest, bunchiest skirt and the most distended of bouffant draperies and exclaims, "Isn't it too darling for anything?"

If she inclines to picturesque effects she drapes her shoulders in a graceful fichu, a la Marie Antoinette, and wears an exquisite Watteau hat tilted away up at the back and perhaps with one velvet streamer drawn around to float over one shoulder.

Or for afternoon wear she may prefer the modes made famous by the beautiful Eugenie of France and Victoria of England.

Her wide, much gathered skirt may be of taffeta, stiff and rustling and distended by means of a stiffening disc skirt, by reeds or stiffening run through ribbon casings or by a facing at the bottom of her skirt.

To add still further to the voluminous effect, the wide skirt is trimmed with three deep gathered flounces or with row after row of taffeta ruffles. These are box plaited and stitched along through the center and the edges may be hemmed or fringed out. Another Victorian type of trimming that is fashionable is the narrow circular ruffle, scalloped on the bottom.

Such a costume calls for a cape or pelerine of taffeta trimmed with taffeta ruffles, and a hat trimmed with roses and with a drape of black chantilly lace that just veils the eyes. The waist of the gown must be very plain, with corded side front seams that may curve into the armhole or may extend

to the shoulder seam, and the sleeves of formidable proportions may be sewed with much fullness into the armholes, or they may be attached at drop shoulder line, as the drooping shoulder was distinctly fashionable during Victoria's reign.

Many of the big puff sleeves have an interlining of stiffening to hold them out in aggressive fullness, but it is in evening gowns that the new panniers and bouffant draperies are at their best. Skirts twelve and fourteen yards wide, formed of layer after layer of wonderfully toned chiffon, make the foundation on which swirling draperies or outstanding panniers of taffeta are mounted, or perhaps a skirt of silver or cream chantilly lace will be worn over an underskirt of silver or beige, with a marvelous creation of taffeta superimposed. Many of these panniers are held away out from the waist by stiffening, making the curved in waist line even slenderer by comparison. The bodice of the newest gowns forms a long slender point in front, and to keep this point in position on the skirt a whalebone is frequently inserted on the inside. At the sides and back the bodice ends at the waist line and is generally finished with a fine cording. It may be a prim little seamed bodice or it may be closely swathed about the figure.

The dainty gown pictured is one of the new novelty cottons, a check-board in two tones. The flounce and skirt bottom are loaded with a triple tier of embroidery, plain cloth and orange net, the embroidery being edged with white soutache. Fluted net gives the deep finish for the sleeves. A touch of orange color also accentuates the girdle and tie of braid. The waist is cut surplice.

THE SEPARATE SKIRT

ENTER the separate skirt, not as an occasional garment to be donned for sports wear or a rainy day—as has been the province of separate skirts for a decade—but as the very backbone of the wardrobe.

For, be it firmly set forth that a skirt which boasts a better half in the way of a coat—in other words, a tailored suit combination—may not call itself a separate skirt. A true skirt is not part of any complete costume, it is, as the English say, "on its own," and stands quite by itself as an item in the wardrobe. About fifteen or twenty years ago there was an era of separate skirts, and a very comfortable, convenient era it was, too, despite the scathing rebukes and the scorn cast at skirt and shirt waist combinations when the fashion was on the wane.

There are two sorts of separate skirts these days also. In an era of separate skirts one positively must have both kinds. One is the practical, utilitarian skirt for runabout wear called a sports skirt, and the other is a daintier, dressier model that will set off blouses of lace and georgette crappe to best advantage. For purpose of distinction from the merely sports skirt this more elaborate model is called the dress skirt.

The sports skirt is a delightfully comfortable and convenient garment, but much of its convenience depends on the formation of its belt. The first

requisite of such a skirt is that it shall go on and fasten in least possible time. If it has to be pulled and pinned around the waist line and if its belt carefully adjusted its chief merit of usefulness will be lacking. So in trying on a ready-made model or making a separate skirt at home see to it that the fit at the waist line is true and correct and that the belt is attached to the skirt and will adjust itself correctly by the fastening of a single hook or button, or at most two.

Notes From Paris

A CLOSE fitting waist, long sleeves, a high collar open in front and a straight hung, well gored, moderately full and moderately short skirt are the characteristics of the best type of tailored dresses for the springtime. The coat, leather bound and button trimmed, is short and full hipped. But countless changes are rung on this model. The same coat may top a plaited skirt that is finished by a muslin chemise under a skeleton waist, or the waist may be of silk with big leg-o-mutton sleeves. But in the costume all is moderation. Among the accessories the most insistent is the cape in some form or other.

In every material that enters into the composition of a dress, the most desirable best liked include tricots, silk and wool, alpaca and shantung in all colors. Coarse dishcloth linen, red squared on

Behold the "Tea" Veil!



an ecru ground figures a fascinating novelty for summer country dresses. The accessories of collar, cuffs and belt will be of the plain ecru or the odd red that marks it. Leather, varnished and dull finished, is used to trim costumes and dresses of all materials. Satin, of course, another novelty said to be waterproof, is used to fashion the most

elaborate dresses and long garments. There are numerous cuirass or semi-fitted wide girde effects in heavy lace or embroidery upon some of the prettiest new frocks in sheer cottons, linens, etc., and the girde effect is often accentuated by the use of narrow ribbon running around the lace.

Over a black straw turban strapped with black satin ribbon and air shipped with two spread wings drapes a tea veil, a new and interesting spring version of veils. It is fashioned so as to escape the lips in front while drinking tea without disarranging the original draps over the sides of the turban. The floral scroll design on a fine hexagonal mesh is also attractive.

Preserve Your Youth

AT least half the seekers after beauty are women of forty and past. Most of them are desirous of preserving their good looks, which means in this sensible age that it is no longer considered necessary for years to rob even the woman past her prime of beauty.

The natural tendency is for the body to gain in weight when a woman advances in years, and if you aim to retain the youthful figure of your younger days you must exercise—and exercise more than you ever have exercised before.

Superfluous flesh is apt to collect about the waist, hips and abdomen when you reach forty or thereabout, and this always means "goodby" to grace, youth and beauty.

The minute you notice that you are gaining in weight exercise both night and morning, no matter how tired you may be.

A series of exercises which will keep flesh from accumulating about the waist and abdomen consists of the following movements:

Stand erect with the hands on the hips. Bend the knees and bring the body to a sitting posture, as low as possible. Rise again and repeat the entire movement at least fifteen or twenty times.

The second movement is: Stand in an erect position with hands flat against your sides and bend far over to right, allowing the right hand to drop below the knee. Now reverse the movement and bend over to the left. Bend to each side alternately at least half a dozen times.

A third exercise, which is excellent for the muscles of the back as well as to reduce flesh, begins with the body held erect, with arms outstretched in front and hands together. Then swing the torso down to the left side, keeping the knees stiff and bending the body from the waist. Resume the erect position and bend the body down to the right. Repeat the movement, bending to each side alternately until you feel fatigued.

If your hips are too pronounced use this exercise: Stand erect with both hands on the hips. Raise the right leg, bringing the knees up as high as possible. Repeat this movement ten times and then exercise the left leg an equal number of times.

Follow this exercise with this movement: From an erect position swing the right leg as far back as possible without bending the knee. Then swing it forward in the same manner. Repeat this movement twenty times with each leg.

If you exercise faithfully every day there will be no need to fear the advance of time will steal away your youthful physical charms. Keep young by exercising rather than grow old by idleness.

MILITARY RULE.

IN one French family there was a little boy who was very obstreperous, and he would do nothing that his father told him to do. The latter, exasperated, said finally, "Who commands in this family, you or I?" "Neither," said the child triumphantly, "General Joffre does."

SPARE YOUR NERVES.

NO woman should try working on her nerves. This may be kept up for quite a while when pleasure or the demands of business tempt one to rob oneself of the necessary amount of rest. Invariably one must foot the bill, so in the end the reaction is apt to prove dangerous.

BEAUTIFUL SPRING HAT



THE straw hats shown which are to do duty in the south are of several types. There are narrow boat shaped turbans of shiny split or pineapple straw decorated with big ribbon loops or fans. There are also flower toques, equally long and narrow, and tulle brimmed hats with enough straw trimming to make them spring models. One big black turban hat seen was shirred over a sailor frame and had encircling narrow black straw braid on the upper brim and crown. The top of the crown was transparently veiled by a big tan puff of tulle. This gives the wide look that many new hats,

both large and small, have at the top. The small flower toques are charming this season. Covered with velvet leaves, with violets or other tiny flowers, they have some ribbon or tulle ornament that springs up, aigret fashion, at the back or from the top.

Chip straw with a microscopic brim and tallish crown is circled once and a half with a wreath of spring flowers. This is a grateful change from the prim little complete circles of the past. The line is softened with a band of satin ribbon, while a pert little bow of plect edges sits atop. The veil of one of the new meshes, flower

Breakfast For a Child

MANY children do not know the taste of meat up to the seventh year, but if a child is anemic a tender, juicy chop, cooked slowly, but not too well done, or a piece of roast mutton or beef may be given once a day, at breakfast or noon, but never at night. Never give pork, veal or fried food.

Among vegetables, spinach, carrots, onions and baked potatoes are best. Salads with mayonnaise dressing are excellent for children, but they seldom care for them except lettuce sandwiches, made of buttered whole wheat bread with young leaves of lettuce between, sprinkled with salt.

Cooked fruit is good for young children. The best way to cook is to put it in the double boiler with half a cupful of water to a quart of fruit and let cook until soft, then add the sugar at the table as required. Many fruits are sweet enough in their cooked form. A little cornstarch will make the juice appetizing, thick and rich. Apples,

pears, peaches and bananas may be baked in the oven, in a casserole, only a little water being added and the casserole covered.

Cereals, properly cooked, mixed with dates or figs, are excellent, accompanied by rich milk or half milk and half cream. An ideal breakfast for a child of six consists of either stewed fruit or a small glassful of orange juice, a well cooked cereal, slices of whole wheat or Boston brown bread, or toast, and a glass of milk.

Among cakes, gingerbread, ginger cookies, raisin cookies and patty cakes can be eaten. Chicken, roasted or broiled, is also suitable for children, together with rice. The rice should be well boiled in salt water or in half milk and half water in a double boiler, or it may be made into a creamy rice pudding, the proportions being a tablespoonful of well washed rice to a quart of milk and two tablespoonfuls of sugar. Bake slowly for two hours.

Snappy Cooking Notes

FRIED SCALLOPS. **C**LEAN one quart of scallops, turn into a saucepan and cook until they begin to shrivel. Drain and dry between towels. Season with salt and pepper, roll in fine crumbs, dip in egg, again in crumbs and fry two minutes in deep fat, then drain on brown paper. This is a good way of frying them. You can dip in the following batter: Two eggs, one teaspoonful salt, one-eighth teaspoonful pepper, one cupful of bread flour, three-quarters cupful milk. Beat eggs until light, add salt and pepper and add milk slowly to flour. Stir until smooth and well mixed. Combine mixtures.

CANAPÉ OF SMOKED SALMON. **C**UT out from a stale loaf of whole wheat bread six slices one-quarter of an inch thick, then cut each into two inch square pieces. Toast them to a nice golden brown and lightly butter; cover them with very thin slices of smoked salmon, nicely trimmed, dress on a side dish with a folded napkin, decorate with a little parsley, six quarters of lemon and a hard boiled egg finely chopped. Sprinkle this over them and serve.

GERANIUM CAKE. **L**INE a square, shallow tin with buttered paper and cover with rose geranium leaves. Cream half a cupful of butter with one cupful of sugar, add gradually two-thirds of a cupful of water and two cupfuls of flour sifted with one teaspoonful of baking powder. Fold in the stiffly beaten whites of four eggs, turn into the pan

and bake. When the cake is cool the leaves will pull off easily, leaving no trace and just a faint taste of the geranium leaves. Use any preferred icing.

MAPLE WALNUT TAPIOCA. **H**EAT one pint of milk in double boiler, stir in carefully two tablespoonfuls minute tapioca. Cook fifteen minutes, then add the well beaten yolks of two eggs and a pinch of salt, but no sugar. Stir for three minutes, then let cool. Take two-thirds cupful of thick maple sirup and beat into the cool tapioca, add one cupful English walnut meat, closely chopped. Serve cold with whipped cream and place half nut meat on top.

BOILED FOWL WITH PARSLEY SAUCE AND BACON. **D**IRECTIONS:—Dress and clean and truss an old fowl, tie it in a cloth on a rack in a saucepan and pour around it enough boiling water to half cover the bird.

Turn the fowl over occasionally, that it may be evenly cooked, and never allow the water to boil fast during the cooking process. Season when the bird is partly cooked. It will take at least two hours to become tender.

If preferred, the fowl may be cooked in the fireless cooker, in which event it must be started early in the morning. At serving time cover the bird completely with parsley sauce. A savory accompaniment to boiled fowl is a small piece of boiled bacon, which may be cooked in the same pan with the bird.

Elegance Follows Simplicity

ELEGANCE has superseded the simplicity of the last several seasons, and the chief herald of the return of the luxurious in dress is the ostrich plume, so strangely and unexpectedly barred by the world's greatest designers of clothes for some time past. Ostrich "fancies," tips and plumes are all in order. True, the plumes are not all

of blue and white striped gingham cut with a belt, short loose sleeves and a sailor collar. A bit of embroidery finishes these and the frills the "front. This is the kind of a jumper gown so convenient for strenuous housework.

A FEW FACTS ABOUT WIFE DESERTERS

WHY do so many husbands run away?

A statistician connected with the bureau of public welfare has been trying to answer the question.

After investigating thousands of cases of desertions he finds that the husband's action can usually be ascribed to one of the following causes:

Ill health and peevishness of the wife. Slovenliness of the wife either in her own person or in her housekeeping methods or both.

The wife's habit of nagging or gossiping. Dislike for children on the wife's part.

This statistician found that the strongest incentive to reconciliation in cases of family discord is almost invariably the child. He also found that very few wives are deserted who are foreign born.

Physically well and mentally cheerful. Able to contribute to the family income either by outside labor or by frugality in home management. Affectionate and home loving. Sympathetic and considerate of their husbands.

The very interesting and valuable statistics which he collected prove that native American husbands are more prone to desert their wives than are the foreign born.

They also show that married life is the happiest when husband and wife are nearly alike in age, nationality, religion, moral standards, temperament, health and physical strength.

A GARDEN HINT. **P**LANT a row of carrots along that ugly wall, and their pretty fernlike tops will completely hide its ugliness. In front of the carrots plant your flower seeds, such as pinks, phlox, poppies, petunias, etc. The carrot tops will make a beautiful, feathery background for your flowers. In the fall the carrots may be utilized in soup, pie, pickles, conserve, croquettes, jam, etc. Indeed, the homely carrot may be made to "blossom like the rose."—Farm and Home.

PRETTY DINING ROOM. **A** LARGE dining room is not necessary, so do not be disappointed with yours if it is small. If possible, make it a gay, attractive place, with light walls, chintz hangings, painted furniture, plain rug and plain china of an individual color. A dining room should never be gloomy.



of mammoth proportions, nor are willow plumes to be worn by really fashionable women, unless willows should unexpectedly enter millinery-land later in the season, but ostrich plumage has come to stay. In some few instances ostrich banding is being used to border evening dresses and wraps.

Simple enough is the one piece gown